OHEC
371.14609713
059DE/S

Cir. No. 35 G
1,000, March 1938
L5567

ONTARIO

Department of Education

SYLLABUS

OF

SUMMER COURSES AND EXAMINATIONS

FOR

Teachers' Certificates

IN

Physical Education

1938

PRINTED BY ORDER OF
THE LEGISLATIVE ASSEMBLY OF ONTARIO

TORONTO
Printed and Published by T. E. Bowman, Printer to the King's Most Excellent Majesty
1938

SUMMER COURSES and EXAMINATIONS FOR TEACHERS' CERTIFICATES IN PHYSICAL EDUCATION

1. Subject to such exemptions as may be granted by the Minister under these provisions, the work for the certificate in Elementary Physical Education may be completed in one Summer Course, for the Intermediate certificate in two Summer Courses, and for the Specialist's certificate in three Summer Courses.

Equipment

2. All students in the Physical Education Course are required to wear the prescribed costumes in practice classes. The approximate cost of each costume and printed instructions concerning it will be mailed on receipt of application.

THE FOLLOWING ARE THE COURSES:

FOR WOMEN

I. ELEMENTARY (PUBLIC AND HIGH SCHOOL).

Theory:

(*a*) Theory of Gymnastics.
(*b*) Anatomy and Physiology.
(*c*) Health Instruction.
(*d*) First Aid and Prevention of Accidents.
(*e*) Teaching Methods.

Practice:

(*a*) Gymnastics—for junior High School grades or Elementary School.
(*b*) Games—for junior High School grades or Elementary School.
(*c*) Rhythmics—for junior High School grades or Elementary School.
(*d*) Swimming—fundamentals of crawl, breast, back and side strokes, sculling, games and stunts; swim 60 feet by any approved stroke.

II. INTERMEDIATE (PUBLIC SCHOOL).

Theory:

(*a*) Principles of Physical Education.
(*b*) Organization and Administration.
(*c*) Health Instruction.
(*d*) Applied Anatomy and Physiology.
(*e*) First Aid.

Practice:

(*a*) Gymnastics—suitable for Continuation School.
(*b*) Games—suitable for Continuation School.
(*c*) Rhythmics—suitable for Continuation School.
(*d*) Swimming—skill and teaching ability in the four fundamental strokes, life saving skill, equivalent to Bronze Medallion, R.L.S.S.
(*e*) Teaching practice.

INTERMEDIATE (HIGH SCHOOL).

Theory:

(*a*) Principles of Physical Education.
(*b*) Organization and Administration.

Practice:

(*a*) Rhythmics—fundamentals of movement and rhythm, dances suitable for middle and upper school.
(*b*) Games—badminton, field ball, track and field, volley ball.
(*c*) Teaching practice with emphasis on original work.

III. SPECIALIST'S (HIGH SCHOOL).

Theory:

(*a*) Applied Anatomy and Physiology.
(*b*) Corrective Physical Education.
(*c*) Health Instruction.
(*d*) First Aid.

Practice:

(*a*) Gymnastics—suitable for middle and upper school.
(*b*) Games—tennis, basket ball, soccer, archery.
(*c*) Swimming—skill and teaching ability in the four fundamental strokes, diving stunts, water games, life saving (the Bronze Medallion, R.L.S.S.; Honorary Instructor, R.L.S.S. or their equivalent).
(*d*) Teaching Practice with emphasis on original work.

FOR MEN

I. ELEMENTARY (FOR PUBLIC AND HIGH SCHOOLS).

Theory:

1. Child Health.
2. Teaching methods in Physical Education.
3. Outlines in Physiology and Human Anatomy.
4. First Aid and Safety Procedures.
5. Play and Recreation.

Practice:

1. Gymnastics.
2. Apparatus.
3. Games and Athletics.
4. Swimming.
5. Teaching Practice.

II. INTERMEDIATE (FOR PUBLIC AND HIGH SCHOOL).

Theory:

1. Principles and organization of Physical Education.
2. Health teaching.
3. First Aid.
4. Physiology and Applied Anatomy.

Practice (PUBLIC SCHOOL).

1. Gymnastics.
2. Apparatus.
3. Games and Athletics.
4. Swimming.
5. Teaching Practice.

Practice (HIGH SCHOOL).

1. Gymnastics.
2. Apparatus.
3. Swimming.

III. SPECIALIST'S (FOR HIGH SCHOOLS).

Theory:

1. Administration of Physical Education.
2. Corrective Physical Education.
3. Physiology of Exercise.
4. Kinesiology.

Practice:

1. Coaching.
2. Track Athletics.
3. Swimming.

NOTE—Course in Swimming is given only in the Summer Session. It may be taken at the time devoted to it for the Specialist's or the Intermediate certificate.

Books of Reference:

Gymnastics:

Bjorksten: Principles of Gymnastics for Women and Girls, Parts I and II.
Bode: Expression Gymnastics.
Bukh: Fundamental Gymnastics.
Cotteral: Tumbling, Pyramid Building and Stunts.
Knudson: A Textbook of Gymnastics.
Lippett: Manual of Corrective Gymnastics.
Lowman, Colestock and Cooper: Corrective Physical Education for Groups.
Rodgers: A Handbook of Stunts.
Schroeder: Handbook of Physical Education.
Syllabus of Physical Training (1933).
Wittich and Reuter: Exercises on the Apparatus, Tumbling and Stunts.

Games and Athletics:

Anderson: Basketball for Women.
Anderson: Tennis for Women.
Spaldings: Athletic Activities for Women and Girls, 115R.
Bancroft: Games for the Playground, Home, School and Gymnasium.
Frost and Cubberley: Field Hockey and Soccer.
Frost and Wardlaw: Basketball and Indoor Baseball for Women.
Frymir: Basketball for Women.
Frymir: Track and Field for Women.
Mason and Mitchell: Active Games and Contests.
Montgomery: Volleyball for Women.
Nielson and Van Hagen: Physical Education for Elementary Schools.
Palmer: Baseball for Women.
Robertson: College Athletics.
Staley: Games, Contests and Relays.

Dancing:

Bryans, Helen L.: Scandinavian Dances.
Burchenal: Folk Dances and Singing Games.
Burchenal: Folk Dances from Old Homelands.
Burchenal: Dances of the People.
Sharp, Cecil J.: The English Country Dance.
Scottish Country Dance Book. Pater's Publications Limited.

Swimming:

Canadian Y.M.C.A. Swimming, Diving and Life-Saving Manual.
Royal Life Saving Society Handbook.
Handley: Swimming and Watermanship.
Sheffield: Swimming Simplified.

Theory of Physical Education:

Bancroft: The Posture of School Children.
Bowen and McKenzie: Applied Anatomy and Kinesiology.
Fisher and Fiske: How to Live.
H'Doubler: Dance and its Place in Education.
Lea and Febiger: Physical Education Activities for High School Girls.
McKenzie: Exercise in Education and Medicine.
Mitchell: Intramural Athletics.
Morrison and Chenoweth: Normal and Elementary Physical Diagnosis.
Mulliner and McKenzie: Elementary Anatomy and Physiology.
Sherman: Introduction to Physical Education.
Wayman: Education Through Physical Education.
Williams and Brownell: The Administration of Health and Physical Education.
Williams: The Organization and Administration of Physical Education.
Wood and Brownell: Source Book in Health and Physical Education.

EXAMINATIONS

1. All candidates for the Elementary, Intermediate or Specialist's certificate will be required to write one examination on the work covered in the lectures on theory—value 100. Allowance will be made for meritorious sessional work. A minimum of 50 is required to pass.

2. The standing of candidates, so far as the practical tests are concerned, will be determined by the results of the sessional work, and the final practical tests. Fifty per cent of the marks will be assigned to the sessional and fifty per cent to the final tests—value 100. A minimum of 60 is required to pass.

3. Candidates who fail in the one subject of the written test or in one subject of the practical tests or who fail in the one subject of the written test and in one subject of the practical tests may complete their standing by passing in the subject or subjects concerned, at a subsequent examination without further attendance, unless they wish to attend a part of the summer session for refresher purposes in the practical subject concerned.

4. Candidates who pass the examination in theory but fail in more than one of the practical tests must repeat the course in all the subjects of the practical tests. If he fails in theory also, he must repeat the whole course.

SESSIONAL AND FINAL PRACTICAL TESTS.

COURSES — I. ELEMENTARY CERTIFICATE.

FOR WOMEN:

Gymnastics	100
Games	100
Swimming	100
Rhythmics	100

FOR MEN:

Gymnastics	100
Apparatus	100
Games and Athletics	100
Swimming	100

COURSES—II. INTERMEDIATE CERTIFICATE.

FOR WOMEN:

(Public School)

Gymnastics	100
Games	100
Rhythmics	100
Swimming	100

(High School)

Rhythmics	100
Games	100

FOR MEN:

Gymnastics	100
Apparatus	100
Games and Athletics	100
Swimming	100

COURSES—III. SPECIALIST'S CERTIFICATE.

FOR WOMEN:

Gymnastics	100
Games	100
Swimming	100

FOR MEN:

Gymnastics	100
Apparatus	100
Coaching	100
Swimming	100
Track and Field	100

CERTIFICATES

1. Candidates who pass the prescribed examinations for the Public School Elementary certificate will be granted Interim certificates as teachers of Elementary Physical Education valid in a Public, Separate or Continuation School, provided they are otherwise qualified to teach in such schools.

2. Candidates who pass the prescribed examination for the High School Elementary certificate will be granted Interim certificates as teachers of Elementary Physical Education valid in a High School or Continuation School, provided they are otherwise qualified to teach in such schools.

3. Candidates who hold the Public School Elementary certificate in Physical Education and who pass the prescribed examinations for the Intermediate certificate will be granted Interim certificates as Intermediate teachers of Physical Education valid in a Public, Separate or Continuation School, provided they are otherwise qualified to teach in such schools.

4. Candidates who hold the High School Elementary certificate in Physical Education and who pass the prescribed examinations for the High School Intermediate certificate will be granted Interim certificates as Intermediate Teachers in Physical Education.

5. Candidates who hold the High School Intermediate certificate in Physical Education and who pass the prescribed examinations for the Specialist's certificate will be granted Interim certificates as Specialists in Physical Education.

6. A teacher who holds a Public School Intermediate certificate, and who later becomes qualified to teach in a High School, must take the High School Intermediate and Specialist's course in order to qualify for the High School Specialist's certificate.

7. (*a*) Candidates who are exempt by medical certificate from taking swimming, and (*b*) candidates who have failed to obtain pass standing in swimming may obtain certificates as teachers of Physical Education endorsed "not including swimming."